

February



Pick a better snack & ACT with your Family

Role Modeling

Reading nutrition labels is an important skill when you're trying to make healthy choices.

When shopping with your kids, let them know you're checking the nutrition information just like you check the price. As they get older, show them where they can find the fat, calories, sodium and other information on the label. Ask grocery store staff if they have special nutrition information on their products (NuVal is an example).

To learn more about reading labels, check out this site: <http://www.extension.iastate.edu/foodsavings/shop/labels/>

Recipe/Snack

Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.

Spicy Spud Ingredients

1 medium russet potato
½ cup salsa
¼ cup reduced fat cheddar cheese

Directions

Scrub the potato and poke 3 times with a fork. Microwave on high for 5 minutes. Turn the potato and microwave 5 more minutes. Cut the potato in half and top each side with cheese. Microwave 20 seconds to melt the cheese. Top each half with salsa. Don't forget to eat the skin! (Serves 2)

Physical Activity

Have you had enough of winter yet?

Shoveling snow is great exercise, but a lot of adults have probably had enough of it at this point in the season. Why not involve the kids in this chore?

Most discount stores sell small plastic shovels and brooms. Decide what parts of snow removal they can handle at their age. Kids might even enjoy helping out if they can celebrate with a snowball fight when they're done!

We Can Help

The Expanded Food and Nutrition Education Program (EFNEP) and Family Nutrition Program (FNP) are nutrition education programs offered by ISU Extension.

Educators meet with participants one-on-one and in small groups. Lessons teach communication, decision-making, and problem-solving skills to help participants obtain employment and nurture family relationships.

To find out more, visit:
<http://www.extension.iastate.edu/efnep/contact.htm>



Visit our website at www.idph.state.us/pickabetersnack

Source: Iowa Department of Public Health



Funded by USDA's Snap-Ed Program, an equal opportunity provider and employer, in collaboration with the Iowa Dept. of Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to www.yesfood.iowa.gov for more information.